

Health and Wellbeing Strategy in North Somerset (see <https://n-somerset.inconsult.uk/consult.ti/hws/consultationHome> for the original version of this page)

We want North Somerset to be a healthy and fair place to grow up, live, work and age.

We want to create opportunities to improve health and wellbeing for all residents and communities while reducing inequalities in health.

We are developing a Strategy for Health and Wellbeing which will outline our priorities and plans for improving health and reducing inequalities between 2021 and 2024.

We want you to get involved and to use this survey to tell us your views about:

- what matters most to you about health and wellbeing (feeling generally well)
- what your priorities are for improving health and wellbeing
- what kind of activities, services and/or programmes are needed most to improve health and wellbeing
- how we can work with you, your communities and stakeholders to improve health and wellbeing

We will use the information collected from residents, organisations and stakeholders to identify themes that will help shape the Health and Wellbeing Strategy for North Somerset. We will also be using data about priority health needs in our population and research about what works best.

This survey will focus on general questions around health and wellbeing and your priorities. There are also more specific questions about the lifestyle factors that influence health and wellbeing. You don't need to answer every section if you don't feel it is relevant to you but we welcome your thoughts across all topics.

The survey is anonymous and the information you provide will not be used to identify you. Completing the survey is optional. The information that you provide is confidential and will only be used to inform development of the Health and Wellbeing Strategy. The information you provide will be stored on a secure UK-based server until the Health and Wellbeing Strategy is published, after which it will be securely deleted.

This survey will take around 15-20 minutes to complete.

As well as the survey, we are inviting you to take part in an online consultation event to share your thoughts in more detail.

You can take part in our online workshop taking place in January. The sessions are taking place on the following dates:

Sessions for members of the public (all sessions via Zoom):

Friday 12th February 2021, 10.30am-12pm

For more information on the sessions for members of the public and to sign up, please visit [here](#).

Sessions for stakeholders (all sessions via Zoom):

Tuesday 9th February 2021, 1-3pm

For more information on sessions for stakeholders and to sign up, please visit [here](#).

To find out more information about health and wellbeing in North Somerset, please visit: <https://www.n-somerset.gov.uk/my-services/adult-social-care-health/health-wellbeing> where you can find out more information about how to live a healthier lifestyle, looking after your mental health and much more.

What are health inequalities?

Health inequalities are avoidable and unfair differences in health across the population or between different groups of people. Health inequalities arise because our health is affected by the conditions in which we are born, grow up, live and work as well as how we age and the decisions we make. These conditions affect our health, how long we will live, how likely we are to take risks with our health, as well as how we think, feel and act. Together these factors shape our mental health, physical health and wellbeing.

Reducing inequalities and promoting fairness and opportunity for everyone is one of North Somerset Council's priorities.

FAQs

What is this survey about?

We are setting out our plans for how to improve health and wellbeing across North Somerset, with a particular focus on how we can reduce inequalities in health between people in our area.

In order to do this, we want to hear from you about what matters most to you about your health, what changes you'd like to see and how you think we can work together to make things better.

We know that health and wellbeing is affected by a range of factors, including jobs, food, transport, education, our activity levels and social connections. We would like to hear about all of the factors in your community that you think affect your health. We also want to know if you have specific ideas about what is needed for children and young people, healthy places, and older people.

Why should I take part?

We would like to hear from as many people as possible across North Somerset so that our priorities and plans reflect what is most important to you.

Do I have to take part now?

The survey will be open until 28th February 2021. After this the survey will be closed and you will not be able to take part.

Do I have to take part?

No. It's voluntary to take part in the survey. We are welcoming views from everyone who lives and works in North Somerset. We want to hear from you if you would like to contribute to shaping plans for improving health.

Can I talk to you in person?

We will be holding a virtual drop-in session so that you can hear more about what we aim to do, and so that you can share your thoughts and views in more detail. You can sign-up for this session [here](#)

Where can I go for further information?

For further information please contact: [health-wellbeing@n-somerset.gov.uk](mailto:health-wellbeing@n-somerset.gov.uk)

## QUESTIONNAIRE - HEALTH AND WELLBEING STRATEGY

Please indicate your role and/or organisation: You must provide an answer to this question.						
Clerk of Tickenham Parish Council. Document agreed at meeting of Tickenham Parish Council held on 11 February 2021						
Do you think any of the following should be a top priority in North Somerset? Select at least 1 option						
Addressing the impacts of Covid-19	Addressing climate change and health	Reducing accidents, injuries and falls				
Addressing social isolation and loneliness	Reducing domestic violence and abuse	Support and care for people with long-term conditions				
Addressing food poverty	Addressing fuel poverty	Healthy lifestyles				
Please add below any other issues you think should be a top priority for North Somerset:						
All of the above items should be top priority. Making a choice is extremely difficult. The choices above have been made on the basis that they would do the most people the most good and reduce calls on the NHS for avoidable treatment caused by lifestyle choices.						
Please rank the following in order of importance to you where 1 is the most important and should be targeted as a priority and 6 is the least important and lowest priority. We recognise that all these topics are important in North Somerset and tackling them has a big impact on health but we want to get an understanding of what matters most to you. Select the most applicable option in each row. You must select an option in every row. You can only select one option in each column.						
	1 Most important	2	3	4	5	6 Least important
Eating well		✓				
Being active	✓					
Stopping smoking			✓			
Having good mental health and wellbeing				✓		
Drinking less alcohol						✓
Reduced substance use					✓	
Please add any further comments about priority health needs here:						
For infants, children and young people						
As for the previous question, the choices above are difficult to make, and have been based on the same rationale as that used to answer the previous question. Would suggest that the priority called "Eating well" is better called "Eating Wisely". As a nation we often eat too well and unwisely.						
For working age adults						
Getting their work/life balance correct						
For older people (aged >65 years)						
Convince this age group that eating wisely and physical activity will extend and enhance their enjoyment of life and that reaching this age is not an excuse for taking things easy, quite the reverse.						
In your view, how can we best target known risk factors to prevent ill health (e.g. tobacco, alcohol use, diet, low levels of physical activity)?						
Education from the cradle to old age on the benefits of an active and healthy lifestyle backed up with cooking and dietary information and a belief in the mantra that you never stop learning.						
How can we support people to stay well and improve quality of life through the lifecourse?						
See the answer above						
How can existing programmes and services be shaped and/or optimised to improve health and wellbeing and reduce health inequalities in North Somerset?						
Unfortunately, we have insufficient knowledge of the workings of North Somerset Council to be able to meaningfully respond to this question.						
What examples of best practice or effective interventions could be considered to address priority health needs in North Somerset?						
The rollout of COVID-19 vaccination programmes is a great example of good practice. Local surgeries backed up by sufficient funds/resources have performed well and with a will to get this work done for the health of the community.						
How can communities, stakeholders, commissioners and service providers work best in partnership to improve health and wellbeing in North Somerset and reduce health inequalities?						
Greater need for communication. Tickenham Parish Council were not sent notification of this consultation—they should be.						
Please add any further comments or ideas you may have regarding health needs, priorities, and/or programmes, interventions or services that could improve health and wellbeing in North Somerset.						
Gambling can ruin lives and cause food and fuel poverty and domestic abuse. Why are gambling firms allowed to advertise on prime time TV?						